

# CURRENT IN WESTFIELD

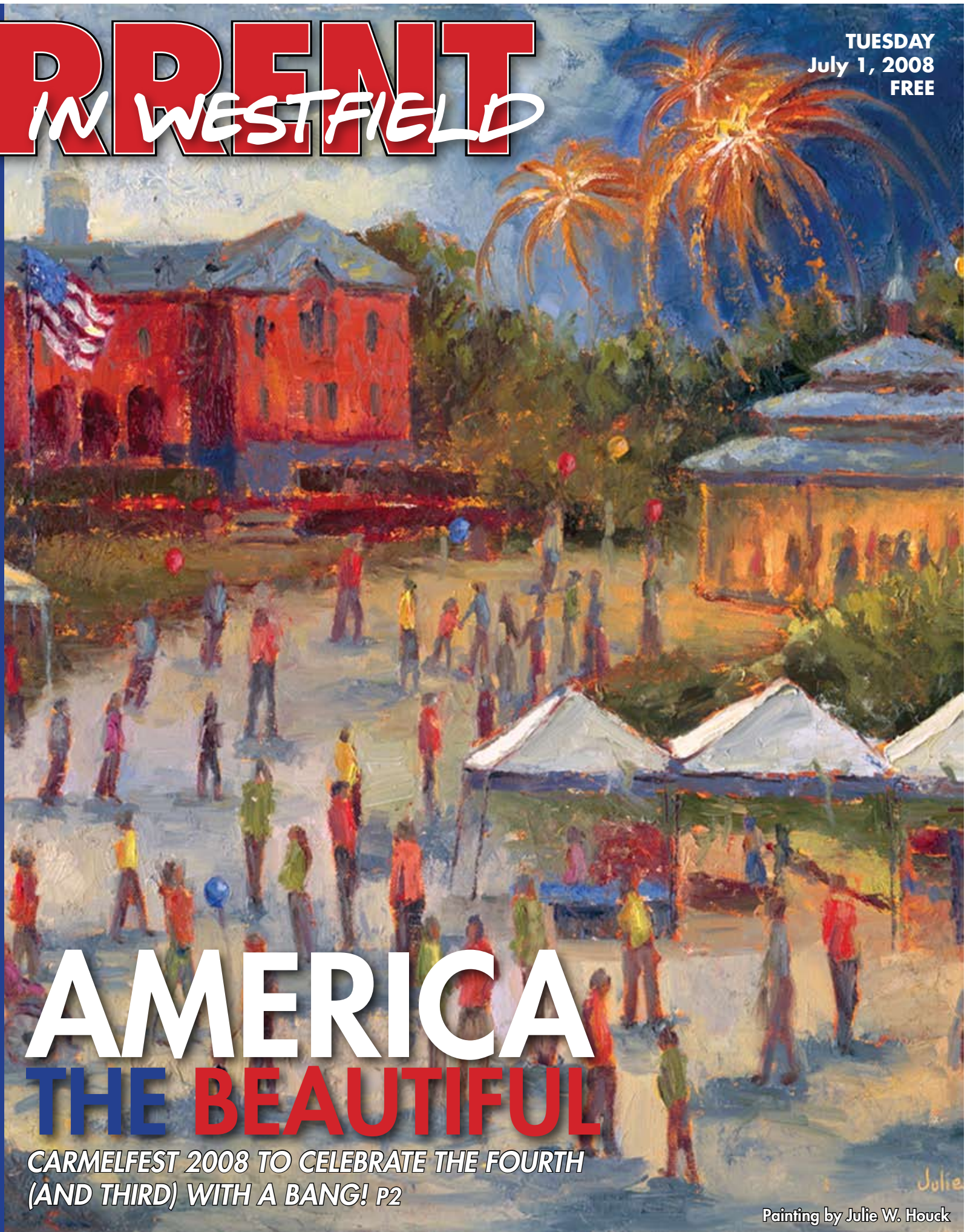
TUESDAY  
July 1, 2008  
FREE



FALL FASHION  
PREVIEW P11



FIDO AND  
FIREWORKS P19



## AMERICA THE BEAUTIFUL

CARMELFEST 2008 TO CELEBRATE THE FOURTH  
(AND THIRD) WITH A BANG! P2

Painting by Julie W. Houck

Education can help your child breathe easier.

See back for details.

Clarian North Medical Center

Riley  
Hospital  
for Children  
at Clarian North



# A WORK OF ART (LITERALLY): CARMELFEST 2008 IMAGE

## ARTIST BACKGROUND

Julie W. Houck is a plein air (which translates to "open air") painter, which means that she paints outside. She works primarily in oils, though she has done work in watercolor, as well. Houck hails from Ohio, and she became interested in art through her mother's love of art. She studied at The University of Wisconsin, and was mentored in plein air painting by the late Gene Jones.

## THE INSPIRATION

CarmelFest 2008 chairman Gary Frey was inspired by Houck's artwork and technique at an artshow, and he approached her to paint the piece. Although Houck was commissioned to do the painting, it took three tries to get it just the way she wanted it. The final version captures the spirit and events of CarmelFest.

## "HOW CAN I GET ONE?"

The original will hang in City Hall, but 100 limited-edition posters will be signed by the artist and sold for \$20 each to raise money for CarmelFest. The Great Frame Up is offering a framing special for the posters, as well: for \$125, they will mat and frame your poster in a limited variety of frames.

- Brandie Bohney, managing editor



## BY THE NUMBERS

### WHAT

#### SPARK BUTTONS AND THE FOURTH OF JULY FIREWORKS



Spark Buttons, which have been on sale at area merchants and the Farmers Market, are \$3 each and help defray some of the expense of the fireworks display. They also are a form of raffle, as several button numbers are chosen each day for prizes donated by local businesses. Buttons are still available! (Winners are listed at [www.currentincarmel.com](http://www.currentincarmel.com).) The fireworks display begins at 9:45 p.m. on Friday.

### OF NOTE

COST OF FIREWORKS DISPLAY: **APPROXIMATELY \$25,000**  
2007 SPARK BUTTON SALES: **\$5,700**  
PROJECTED 2008 SPARK BUTTON SALES: **AT LEAST \$5,000**

### VOLUNTEERS

With a festival so large, it takes more than just a handful of volunteers to make it happen. Chairman Gary Frey explains: "Many come from the Rotary Club – a sponsoring organization – as well as other sponsors and just community members who want to get involved." More volunteers are still needed for this year's running; see [www.carmelfest.net](http://www.carmelfest.net) to help!

VOLUNTEERS: **250 - 300**  
NUMBER STILL NEEDED: **50 - 60**

### VENDORS

No festival would be complete without plenty of food and beverages, and CarmelFest 2008 is no exception! Vendors come predominantly from Indiana, with others from surrounding states and one from Florida. Items for sale include basic fair food to barbecue and Oriental foods. The typical cost is about \$5 per food item.



HOW MUCH FOOD?  
"Let's just say enough food to feed an army and enough drinks to fill a large swimming pool," says Frey.

### KIDS' STUFF

CarmelFest 2008 isn't just for adults; there's plenty of action for the younger crowd in the Kidz Zone. It's designed to be interactive for children from the youngest of toddlers to pre-teens. "We have a lot of interesting events geared toward the kids that you normally don't find at festivals," Frey said. "Things such as rock climbs and a contest where the kids fire water balloons at one another."

LAST YEAR'S KIDZ ZONE TICKET SALES: **57,000**

### ST. VINCENT HEART CENTER OF INDIANA PARADE AT CARMELFEST

The parade starts at 10:30 a.m. Friday on AAA Way and winds along East Carmel Drive and South Range Line Road and wraps up at Carmel High School on East Main Street. The parade entries offer great variety: bands, floats, clowns, elected officials, fire trucks, antique cars and motorcycle drill teams among many others. "You name it and it's in there," Frey said.

ENTRIES: **110**  
VOLUNTEERS: **ABOUT 60**

### ENTERTAINMENT

Three stages – the Gazebo Stage, the Teen Stage and the Marketplace Stage – will feature various bands including the main attraction, The Wright Brothers. Nationally known group The Elms will be a prominent act on the Teen Stage, while the Blue Monkeys will entertain from the Marketplace Stage. Other scheduled acts include the Carmel Symphony Orchestra and the Carmel Brass Choir (at the reflecting pool on Third Avenue Southwest) as well as Barometer Soup, The Tides, Circle City Cloggers, jazz pianist Dave Hepler and comedian Dick Wolfsie, among others.



NUMBER OF ACTS: **MORE THAN 20 (AT PRESS TIME)**  
HOURS OF ENTERTAINMENT: **48**

### PEOPLE

So just how many people attend CarmelFest, which is favored this year by a four-day weekend? "There is absolutely no way of counting who goes in and out because it's a free event," Frey said. "The committee made a decision that we don't want to give out estimated numbers so I would say in 2007 we had wall-to-wall people and in 2008 we expect more!"

2007 ESTIMATE: **50,000\***  
2008 ESTIMATE: **A WHOLE BUNCH MORE**

## CLIMATE-FRIENDLY GOAL

It is our position that Westfield should aspire to implement climate-friendly initiatives so as to compete for next year's Mayor's Climate Protection Award. The US Conference of Mayors in concert with Wal-Mart Stores, Inc. provides this award to recognize innovative practices by community governments to increase energy efficiency and to curb global warming. As an annual award, Seattle took the 2008 prize for the large city category while our southern neighbor, Carmel, won the small city league: in all, there were over 60 applicants battling for this distinction. Winning awards is one thing: enhancing the quality of life for local residents is another.



Westfield's Mayor Andy Cook clearly demonstrates mayoral leadership, which is one of the key criteria upon which communities are chosen. Selection is also based upon creativity, innovation, and reduction of greenhouse gas emissions and/or improved quality of life in the community. While Westfield's initiatives to enhance energy efficiency and limit global warming may or may not include the installation of roundabouts as Carmel has done, the data supporting roundabouts is compelling. In addition to safety benefits, cost savings and traffic flow enhancement, 24,000 fewer gallons of gasoline per year per roundabout will be consumed. Now that is a breath of fresh air.

## CHANGE RHETORIC

It is our position that change is inevitable and constant – the only role for politics is in directing the change. In crossing the streets and thoroughfares of our fine and growing community, one's eyes are assaulted with every manner and form of sign crying out C H A N G E. Our lives are shifting at a rate that would have made our grandparents swoon and their grandparents expire. Proposed manufacturing jobs move off-shore often before they are even filled. And teenage girls on the east coast are alleged to have made pregnancy pacts because they thought that Gwen Stephani looked so cute when she was with child. Wow!



But let's not be distracted, this election is about change not because of Barack Obama or John McCain; these shifts predate them. China is using its labor force. Makes sense. India is growing and consuming more fuel. We get it. The question of this election is what should be our response to these factors. Should we retreat to the bosom of Federal Authority – higher taxes, greater centralization, extensions on regulation and more government? Or should we respond with greater economic freedoms and less government intervention in personal and corporate affairs?

## CURRENT IN WESTFIELD

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*The views of the columnists in Current In Westfield are their own and do not necessarily reflect the positions of this newspaper.*

## CURRENTOON by Dave Galloway

**WHEN I GROW UP I WANT TO BE A  
CEO AND MAKE MILLIONS WHILE  
MY COMPANY LOSES MONEY!**



©2008 Galloway



## ANOTHER TAKE

### SUPPORT LIBERTY, NOT SPIN

Just recently I received an email, one in a series of self-loathing, U.S.-bashing epistles that have arrived on my doorstep since the onslaught of political season 2008. This claimed that Josef (Djugashvili) Stalin would be dancing in his grave in celebration of the “gross assumptions of freedom” taken in the name of Homeland Security by our own government.

The frustration is real, but do we really believe that Stalin is rejoicing? My guess is that his hands are quite full with remorse for the millions whom he murdered, tortured or had killed during his lifetime. Can we compare privacy laws in the U.S. with the then-Communist Soviet State with a straight face? For now, I am content to know that some bureaucrat might peek at what blogs I read or what flavor of indiscretion crosses my ISP in exchange for the belief that other more wicked folks recognize that they are being watched as well.

Take heart. We have the most open

and active press in the nation. We have the most connected and armed population in the world. And there is a good chance that we are about to freely elect the most powerful black man to ever exist on the planet – named Barack Hussein Obama. It is hard to find the oppression here.

As to whether any reduction in rights is warranted or good, we could (and should) have a more aggressive national debate, but the discussion should certainly include careful analysis of the benefit of a reduction in some freedoms to guarantee the continuation and enhancement of others. If we fail to use every method at our disposal – government and otherwise – to protect

ourselves and our families from those who would take our liberties in a more clandestine fashion, aren't we giving up the most important liberty of all?

Terry Anker is an associate editor of Current in Westfield. You may e-mail him at [terry@currentinwestfield.com](mailto:terry@currentinwestfield.com)



TERRY  
ANKER

## FROM THE BACKSHOP

### CARMELFEST: A GEM OF AN EVENT FOR ALL

Here we are, all but upon another run of CarmelFest. Unless you've been hiding under a rock, you know this year's event is Thursday and Friday. Chairman Gary Frey and his dozens of volunteer committee members (and many, many more beyond them) selflessly have given of their time and energy to see to it that this year's running is the best ever. They are to be commended, even in advance, for their fine, steady and diligent work. CarmelFest doesn't just happen. As a matter of fact, little time elapses after it ends when planning for the next year begins. It's the same thing with the Carmel International Arts Festival, a seamless event that runs in September each year under Rosemary Waters' direction. Together, CarmelFest and the International Arts Festival comprise a crown jewel for not only Carmel, but the whole of Central Indiana. Each is an absolute treasure, and they help keep our city in good, positive light. We're proud – and thrilled – to be associated with these and other events in the area. We will continue doing our part, and we urge you to do yours, which means: go, enjoy and be safe. Happy Fourth!

...



STEVE GREENBERG  
& BRIAN KELLY

Is anyone else surprised at the incompetence of Democrats? They've been failing for generations and giving us wonderful programs like Social Security, the Department of Education, government housing, welfare and food stamps. What a legacy! There's only one organization as moronic as those losers, and that's Republicans. Finally, dumbest of all? We voters. We get EXACTLY what we deserve!

...

Barack Obama certainly is correct about the need for change, but his ideas for such leave us scratching our heads. It's time to move on from the two-party system. It never has been more clear. What can we expect but more of the same? Is there reason to believe otherwise? Still, we're in Obama's debt for ending the Clinton Reign. That's one formidable foe sidelined.

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## DISPATCHES

**CLARIAN RAISES AWARENESS WITH YARD SIGNS:** Clarian Hospital is offering free “Kids Dart. Drive Smart.” yard signs to the public. The signs are a simple reminder to motorists about children playing outside this summer. Anyone who is interested in picking up a yard sign or learning more about this topic can go to [acalltochange.com](http://acalltochange.com) for more information.



**POLICE DAY:** Police Day will be held at the Public Safety Building on July 8 at 1:30 p.m. This is your chance to talk to a policeman and find out what being a member of the police force is all about. The Public Safety Building is located at the corner of Dartown Road and SR-32.



**REPTILE ADVENTURE:** Let Snakehead Ed and his collection of slithering friends take you on a snake safari! There will be two free shows on Thursday, July 3, at 10 a.m. and 11:30 a.m., at the Westfield Washington Public Library. For more information, contact the library at 896-9391.

**ATTEMPTED ABDUCTION STARTS INVESTIGATION:** On Monday night, the Carmel Police took a report of an attempted abduction. This incident occurred on Sunday June 22, 2008, at approximately 9:15 p.m. in the area of 111th Street and Lexington Dr. The vehicle involved was described as a newer model, black, regular-cab truck. It had something silver in the bed. It also had loud music coming from it as it approached the girl. Both the driver and the passenger were described as white males in their twenties. They were both slender and were wearing baseball caps. Anyone who has information on this incident is asked to call the Carmel Police Department at 571-2500 or Crime Stoppers at 262-TIPS.

## LADY BELLE'S IMMACULATE CONCEPTION

**A**s we pause to contemplate the birth of our nation, I'd like to tell you about a different kind of tradition that seems to be developing around our house.

When I was growing up, we had a dog that had puppies on the Fourth of July. We named the three new additions to our family Star, Spang and Banner. Little did I know that this was a foreshadowing of things to come.

Fast forward to last year. As a foster home for Indy Great Pyrenees Rescue, we open up our home to certain dogs that have been rescued and are awaiting adoption to their forever homes. We were hosting a dog named Lady Belle that had come to us from Kentucky in late June. We had been assured that she was spayed, as all dogs that come through the rescue are.

Several days after Lady Belle arrived, Blue, our Great Dane, started acting funny and began marking in the house. Actually, *marking* is a bit too delicate a term when you're talking about a Great Dane. At first we were at a loss to explain his behavior. Then it occurred to us that maybe Lady Belle was in heat.

“That’s preposterous,” was the reply we got back from the folks at Indy Great Pyrenees Rescue. We were forced to agree. After all, they had all sorts of affidavits, warranties, and disclaimers documenting the fact that the dog had been spayed. In Kentucky.

On the evening of July 6 we noticed that Lady Belle was nowhere to be found. I half jokingly suggested that maybe she was outside somewhere having puppies. After absorbing the deserved glare from my wife, I went out with a flashlight to look for the dog. She was not amused when I rushed back into the house declaring that we indeed were the proud parents of eight squealing puppies. You can just imagine how the ensuing telephone call to John at Indy Great Pyrenees Rescue went.

I’m happy to report that we successfully raised the immaculate conception puppies, and they all eventually found good forever homes. In the process, we somehow became the experts at dealing with young canines. Now, whenever the rescue gets a litter of puppies dumped on them, guess where they end up until they’re adopted.

It’s a year later and we are fast approaching the 4<sup>th</sup> of July holiday. Sweetheart



KEN  
KINGSHILL



is now roaming our backyard. And you guessed it, she’s pregnant. So any fireworks that you might see streaking skyward from our yard this year will be celebrating more than the birth of our nation’s independence. They will also be announcing the arrival of perfect little examples of independence, loyalty, determination, insubordination and spirit – all available to good homes!

City Council President Ken Kingshill is a Westfield resident and Realtor. You may e-mail him at [kkingshill@westfield.in.gov](mailto:kkingshill@westfield.in.gov).

## KOOL AND THE GANG PROVIDE VALUABLE LESSON

**O**ne of my favorite songs is Kool and the Gang’s “Celebration.” It was a huge hit the year that my hometown team, the University

of Louisville, won the NCAA men’s basketball tournament and the Woodhaven Wookies, my swim team, and yes, we were named after Chewbacca, won the Country Club Summer League championship. Suffice it to say, “Celebration” always brings back good memories.

Now that I’m older, I especially appreciate the lyrics: “Celebrate good times, come on!” But unfortunately, most of us don’t do it enough. We’re more likely to see our distant relatives and long-lost friends at a funeral than we are at a graduation. Why is that? Why don’t we make the time to celebrate the good parts of life and enjoy each other more often? I used to make excuses like, “I’m too busy” and “we don’t have the money,” but over the last few years, I’ve been trying to follow my mom’s lead. She is a big proponent of getting people together to enjoy even the smallest of triumphs.

So this past weekend, my sisters and I

threw a surprise 40<sup>th</sup> anniversary party for my parents. We held it at the American Legion, the same venue where they had their wedding reception back in 1968. We invited all of their old friends, our out-



DANIELLE  
WILSON

of-town relatives and basically anyone and everyone who has played major role in their lives together. We did our own catering, “dejaing,” decorating, cake and invitations. We lied outright to our parents for two months straight, going so far as to send them a fake invitation to another party in order to get them to their own. To add to the fun and stress, we decided to make it a themed party and have all the guests come in appropriate go-go dresses, hippie attire and/or preppie ’60s garb.

Was it a total pain in the rear? Yes. Only two of my sisters live in town and only one of them had the time to meet with vendors, swipe sentimental stuff from Mom and Dad’s house and worry about the small, yet important details that make a party a celebration. Did I mention she is six months pregnant with an active two-year old? No matter. The point is, it was a lot of work, not just for her but for all of us.

After two nights of pre-party decorating, frantic clandestine phone calls and enough

text messages to publish a short novel, we enjoyed a truly wonderful evening. But the best part of the weekend came down to the number of friends and family that gathered together. We saw cousins and aunts and uncles whom we hadn’t seen in months, grade school classmates of my parents from around the country and actually spent time with nearby friends with whom, for whatever reason, we rarely visit.

And it wasn’t to mourn the loss of a loved one. It was to dance to Ike and Tina Turner’s “Proud Mary” under a disco ball. It was to watch a wedding video from 1968, complete with lime green bridesmaid gowns and matching caps. It was to celebrate marriage and children and friendships and all of life’s crazy ups and downs. It was to cherish a joyful event with those we love.

You don’t have to throw an extravagant party to celebrate the good times. Have friends over for a pitch-in cook-out. Invite your great-aunt Doris for cake and ice cream for your son’s eleventh birthday. Have a girls’ night out to celebrate a sister-in-law’s fourth baby. Stop making excuses and just do it. Celebrate good times, come on! Peace out.

Danielle Wilson is a Carmel resident and contributing columnist. You may e-mail her at [danielle@currentincarmel.com](mailto:danielle@currentincarmel.com).





## WESTFIELD CITY EMPLOYEES SPEND LESS AT THE PUMP

By Christine Bavender  
Current in Westfield

Rising gas prices means a new plan of action for the City of Westfield when it comes to gassing up.

A month ago, every city department was asked by Mayor Andy Cook to come up with plans to address fuel conservation in light of what the mayor calls, "the wonderful pricing we are undergoing right now."

The main thing city employees have been asked to do? Carpool. Other measures now in place to try and save money include limiting off-duty usage of city vehicles; encouraging each fire station to grocery shop at the closest store in its primary response area; and putting more officers on foot, in addition to the six already on bike patrol.

"We will keep doing this as long as we

are paying four dollars and some cents for gas," Cook said. "It also presents a real issue with budgeting for '09. Do we budget the current amount for gas – I think we do – so I think we will be doing this for a long time."

The current budget has \$200,000 allotted for gas among the various departments. The proposed budget for '09 has \$434,000 projected for gas. It's not possible, Cook says, to put a number on the potential savings from the conservation plan because it's so intangible.

"It's pretty nuts right now how much we have to spend on gas," Cook said. "So I think all we can do is react [with], 'I am afraid.'"

It is hoped residents will follow the city's lead and get on the bandwagon to try and reduce fuel usage on their end.

## DUNKIN' DONUTS IN WESTFIELD

By Sean Windle  
Current in Westfield

This morning, you might have heard the Westfield High School marching band or seen a performance by world champion juggler Jack Denger.

There were samplings of food items throughout the day, tickets to the July 20 Brooks and Dunn concert were given away and members of the Greater Indianapolis Chamber of Commerce helped commence the day's festivities.

No, it wasn't an early Fourth of July celebration.

It was the grand opening of Dunkin' Donuts near 146th and Carey in Westfield.

"We do what we call loud and proud openings to attract attention," said Carl Whitmire, the executive director of marketing for the Miracle Restaurant Group, which owns and operates Dunkin' Donuts shops in Indiana. "It costs a lot of money to build these stores, so we want to start returning on that investment as soon as possible."

The official opening was actually yesterday at 5 a.m., but Whitmire wanted his employees to have a day to prepare for the madness.

"When you open a restaurant for the first time ever on a Monday, you want to make sure your crew is prepared for the volume of customers," Whitmire said. "The last thing we want to do is overwhelm somebody to the point where they don't want to work here anymore."

Last year, the grand opening of the Dunkin' Donuts in Carmel broke opening week sales records for all Dunkin' Donuts shops. Whitmire hoped to



recreate that excitement with the grand opening of the Westfield store, but recognized that with the holiday approaching, people may be out of town.

"We've had a couple of banners out on 146th Street now for a couple of days and every now and then we have people coming up to the doors and asking, 'when are you opening?'"

The resurgence of Dunkin' Donuts shops in central Indiana includes some menu updates. Traditional Dunkin' staples like coffee, bagels and – of course – donuts make their return, but new items like oven-toasted flatbread sandwiches and personal pizzas will expand the business beyond the confines of the breakfast hour.

"We've been successful here because Dunkin' Donuts appeals more to the casual common person," Whitmire said. "We have customers that span every age range, from children to grandparents."

"We're not as specialized as Starbucks might be – we don't pretend to be."



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# FREEDOM, TRUTH, JOY

**F**reedom's just another word for nothing left to lose," from the song "Me and Bobby McGee," by Kris Kristofferson; sung by Janis Joplin, 1971

"It is for freedom that Christ has set us free ...", Galatians 5:1

"Where the Spirit of the Lord is, there is freedom." 2 Corinthians 3:17

God's gift of freedom in the person of Jesus Christ is in our redemption from past sins and in our hope for the future. Freedom is about opening the door before us, not regarding the door behind us, whether it is open or shut.

Freedom is about not being shackled to our past.

This July 4, we will celebrate 232 years of American self-determination and independence. Not every American has had the same fair shake over that time, but the greatness of America has never been in our past.

The greatness of America has always been in our promise and opportunity for the future. The greatness of America is that anyone can become an American.

I don't spend a lot of time dwelling on whether or not America is a Christian country. Is the Creator (God) mentioned in the Declaration of Independence? Yes.

Was every jot and tittle of the Declaration an expression of Christian philosophy? No, not even close.

In a reference from Christ's Sermon on The Mount ("salt and light," see Matthew 5:18), is it fair to call America a shining "city on a hill," as did John Winthrop's Puritan sermon of 1630? I think that's a great description of America, but nothing about the Puritan way of life had anything to do with freedom as we would call it today. It was about the strictest of religious legalism and obedience.

American freedom and Christian freedom may not be exactly the same thing, but the freedom we celebrate July 4 is a gift from God any way we slice it.

Freedom provides the opportunity for the truth to be known; hence, truth and freedom are interdependent on each other. Inasmuch as Christ very plainly tells us He is the truth ("I am the way, and the truth," in John 14:6), we should be able to add freedom and truth together and get joy.

Consider this: Joy is not about what we have to lose; it's about the Holy Spirit within us and the hope we have in Christ.

BobWalters (rlwcom@aol.com) understands that declaring joy is easier said than done.



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## DISPATCHES

**RACHEL BRAUN HONORED:** Westfield resident Rachel Braun was one of three students of the Park Tudor School Class of 2008 to be honored with the school's Fletcher, Rebecca and Margaret Hodges Awards. The award is given annually to a male and female member of the senior class as judged by the faculty to have significantly and wholeheartedly contributed to the life and spirit of Park Tudor throughout their years on campus.

**STORY TIME** in the children's department of the Library is presented free, every Monday, at 10:30 a.m. for toddlers (18 months to 3 ½ years accompanied by a caregiver) and 1 p.m. for preschoolers (ages 3 ½ to kindergarten). The program is presented again on Tuesdays at 10 a.m. for preschoolers and 11 a.m. for toddlers. For more information contact the library at 896-9391

**PAPER AIRPLANES:** Mark your calendars for the Wednesday, July 2, at 10:30 a.m. for "Paper Airplane Pandemonium" – the theme for this week's School Age Stories. The program is free, and no registration is required. For more information contact the library at 896-9391.

## CHILDHOOD OBESITY IS A FAMILY AFFAIR

I've had several reader requests to write about the emotional ties to obesity. Since emotion is tied into Energy in MOTION, and since obesity has been associated with a lack of energy,

it is safe to surmise that emotional ties to obesity have a lot to do with a lack of motion. Albert Einstein was quoted as saying, "nothing happens until something moves". This is understandably a major dilemma for those who are obese. Emotionally, they might be playing games in their minds justifying their reasons for being overweight. Things like, "I can't exercise because I have no energy," "I have no energy to exercise," "I like being fat," and, "I don't care what other people say or think," are typically emotional responses to personal misgivings. It is a dilemma that only the obese person can come to grips with. However, experts have found that Childhood Obesity is a Family Affair. Powerful genetic factors or parental modeling of both eating and exercise behaviors, indirectly affect a child's energy balance.



BECKY KAPSALIS  
Ask YaYa



Researchers agree the risk of becoming obese is greatest among children who have obese parents. Heredity has recently been shown to influence fatness, regional fat distribution and response to overfeeding. Infants born to overweight mothers have been found to be less active and gain more weight by age three months when compared with infants of normal weight mothers, suggesting a possible inborn drive to conserve energy.

I relate eating disorders to what it was like when I would try to quit smoking. It's been 18 years since I had my last cigarette, and back then I refused to accept that 1) smoking was ruining my health, 2) smoking was hurting my children, and 3) smoking affected my loved ones. It wasn't until I realized that every time I lit a cigarette,

I was consciously *choosing* to deny myself good health while *choosing* to be a poor example to my children that I was able to finally quit. How could I, in good conscious, ask them to not smoke cigarettes when I was leading the pack? In fact, I was inadvertently suggesting that they do as I do, not as I say.

I assume similar thoughts cross the mind of the over-eating, less-healthy, under-energized obese parent. Our *emotions* are who we are. Our *choices* become our legacy. Food for thought!

Hugs!

Have a parenting topic or question? Submit it to Ask YaYa, aka Becky Kapsalis, Certified Parent Coach, at askyayia@indy.rr.com or call 810.9358.



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### GETTING THROUGH THE WEIGHT LOSS PLATEAU:

Summer officially started June 20, which means if you're catching your stride on losing weight, you can't wait to take off your shirt. If you've lost a little motivation, though, there's plenty of progress that can be made while the sun's out. Bust out of your rut by trying new workouts, like circuit sets, or get your cardio by jumping rope between exercises — it will keep your heart rate flying and your muscles guessing at what will come next. You could also ditch the bike and running shoes for a hop in the pool, which is just as effective at burning calories and different enough to snap you out of your weight-loss plateau.

**FREEZING YOUR FRUIT FOR AN ICY TREAT:** Fruit season is here. Berries, melons, and other refreshing favorites are at their peak flavor -- and nutrition -- right now. So pass on the ice cream shop, and head to the produce stand. Fruits that freeze well include nearly any type of berry, apples, and most melons (except watermelon). Citrus fruits don't freeze as well, so eat your pineapples and oranges fresh. Eat the frozen fruits straight out of the freezer or blend them up with a little low-fat milk for a refreshing smoothie.





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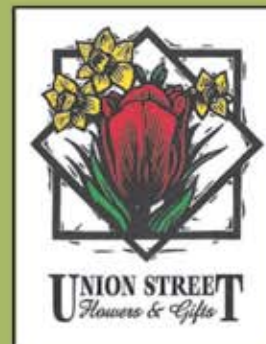
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## GET CARDIO DONE AT HOME

It's roughly estimated that about 40 percent of the population do some form of exercise on a regular basis. This leaves 60 percent of the population who do nothing. Many people have jobs that are centered around sitting at a computer or desk while many school systems cut back on physical education programs. We all know there are a lot of barriers to keep people from exercising, but it's better to focus on what we can do and not what we can't.



JOHN KARESH  
Fitness

Here are some tips for exercising at home:

**1** Walk 10,000 steps per day. Get a pedometer, and make sure you get this many steps each day. Park farther from your building, walk the neighborhood – do what you have to do to get those steps in.

**2** Walk up and down your stairs for up to 20 minutes.

**3** A treadmill, elliptical or bike can train your cardiovascular system very effectively, as well. Not everyone has the

finances or space for such equipment, but if you do, it can make things much easier

**4** The old Nordic Tracks are wonderful. If you actually take the time to figure them out, they are one of the most effective cardiovascular workouts you can get.

**5** Make sure when you do any of these exercises that your breathing is labored but you are still able to talk. Exercises that involve the whole body are going to be better than ones that just involve say the legs only or arms only.

**6** Make a point of scheduling at least 20 minutes of cardiovascular exercise at least three times a week of at least. If you stay consistent, you will get positive results.



Remember, something is always better than nothing. Make a habit of what you can do, and doing more will come more easily.

John Karesh is a fitness-and-nutritional expert and the owner of Fitness Together in Carmel. You may e-mail him at [FTCarmel@att.net](mailto:FTCarmel@att.net).

## DISPATCHES

**VEGGIE POWER:** The Conscious Goods Alliance is hosting an event at the Carmel Whole Foods Market on Sunday, July 6, from 11 a.m. to 4 p.m. Attendees of the event can tour the sustainable Veggie Bus, meet the CGA crew, sample products and learn more about the CGA mission. The CGA crew uses a 28-foot Von Hool Tour Coach Bus fueled by recycled vegetable oil as the vehicle to spread their message. Come meet the crew and take a tour of the ecological showroom: a bus furnished with bamboo interior, coconut palm floors, solar powered electronics and recycled paper counter tops. This is a free event.

**UV LIGHT**, which quickly destroys surface germs and bacteria to help prevent illness, is now available in a portable wand (\$39.99). Using ultra-violet light, the wand sanitizes and eliminates bacteria and virus surface contaminants in ten seconds with 99% effectiveness. Flips open to use; flips closed (and turns off) to store. Operates



on 4 AAA batteries (not included); on/off switch extends battery life. Perfect for hotels, public restrooms, and office. UVC Sanitizer Light, by Mark Feldstein and Associates, available at Amazon.com.

**CARMEL TRIPLE CHALLENGE:** The Carmel Dads Club and AdventureWorks, LLC, will host the Carmel Triple Challenge from 1-5 p.m. on Sunday, July 20. Teams of two or three must work together to travel through the course with several fun mental and physical challenges. The three main modes of travel are trekking biking and paddling. Each team will travel one-half mile to two miles between challenges. To register or for more information, visit [www.adventureworksevents.com/cdc.html](http://www.adventureworksevents.com/cdc.html).

## OPTIONS STAY AVAILABLE:

UnitedHealthcare customers in Central Indiana will continue to have quality health care options as a result of a renewed agreement between UnitedHealthcare and St. Vincent Health. Effective July 1, the four-year agreement will preserve in-network access for United Healthcare customers to health care services at all St. Vincent Hospitals, including the Peyton Manning Children's Hospital.

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# FASHION WATCH

Fall fashions are hitting department and specialty stores alike soon, and the themes for Fall appear to be pattern and texture. Bold designs in bright hues, especially purples, combined with fabrics of texture such as tweed and bouclé will liven up wardrobes of the fashion-forward this Autumn.

Pieces to look for no matter what your age, according to *Harper's Bazaar*, are boucle jackets in classic shapes, chunky necklaces, pants with wide legs and clean

lines paired with "a frilly blouse or sculpted blazer," pencil skirts in "chic colored tweed," black pumps, and dresses in jewel tones or "soft winter florals."

*Bazaar* also recommends purchasing bold tights in solid colors, hanging on to solid black tights, and packing away fishnet stockings. Fishnets, they say, "are a whim that comes and goes. Right now, they're gone."



Stephen Dweck Three Strand Necklace, \$1155.00, available at Saks Fifth Avenue and saksfifthavenue.com



Diane von Furstenberg 'Rewa' Dress, \$425.00, available at Nordstrom and shop.nordstrom.com



Milly boucle jacket, \$480, and wide-leg pants, \$310, available at Nordstrom or shop.nordstrom.com



Carolina Herrera Tweed Boatneck Dress, \$2490.00, available at Saks Fifth Avenue and saksfifthavenue.com.

## DISPATCHES

### TIPS FOR GETTING A SAFER SUMMER TAN:

If you have light skin, you will need a higher SPF sunscreen than someone with darker skin. Start out with a high SPF sunscreen and gradually get lower as your body gets used to the sun. Put lotion on every day until the day you go tanning. It eliminates the oil on your skin and puts more layers on your skin. Avoid sunbathing during the sun's peak UVA hours -- usually 11 a.m. to 2 p.m. Don't lie in the sun for hours in a row. Every hour or half an hour, get up and move around, turn over or cool off. If you want to tan your face, instead of wearing sunglasses, try putting slices of cucumbers over your eyes to protect them.

- [www.wikihow.com](http://www.wikihow.com)

**ALL TIED UP:** Your tie and the way you tie it could say something about you. According to the *BBC News Magazine*, a fat tie with a wide knot is an indication that business is good. It's a display of self-confidence. Skinny ties have been embraced by younger men who use ties to portray a more retro casual look, with some even matching their ties with jeans. The medium or traditional four-in-one-knot is still widely used by politicians and bankers. These tend to depict intelligence and responsibility.

- [news.bbc.co.uk/](http://news.bbc.co.uk/)

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# Around the Table

## WINES FOR YOUR JULY 4TH BARBECUE

By Louis Calli, Wine Director  
of Vine & Table gourmet market



The unofficial cookout holiday of the year is upon us! Yes, much like Monday night football, Easter brunch, and Champagne on New Year's, the Independence Day cookout has become a treasured ritual for most Americans. A day of warm sun, good friends & family, the smell of charcoal, sparklers and of course, burgers/hot dogs! I probably don't need to address the fact that a large cooler filled with ice-cold beer is a total necessity. However, many forget how wonderful the right wine can be at grill side. Below are some great wines you may want to have around for the festivities, if only to shake things up a bit!

**1 Dry Rosé**—When most see “pink” wine, they immediately equate it with sweet White Zinfandel, but a great dry rosé can be fantastic with your typical cookout faire! The good ones are off dry with great red berry flavors. Serve them chilled with any number of salads or cold pasta. Very refreshing on a hot summer day.

**2 Champagne/Sparkling Wine**—Fireworks in a bottle! Nothing kicks off a July fourth celebration like the familiar “POP” of a champagne cork. The flavors range from extremely dry to lightly sweet and can compliment a number of cheeses or foods.

**3 Moscato d'Asti**—A gently effervescent sweet sparkling wine from north east Italy. Meant to be served chilled, it has fantastic flavors of honeysuckle, vanilla and white peaches. Great for not only the sweet wine lover, but the enthusiast as well!

**4 Washington State Riesling**—From fruit forward to off dry, these can be some fantastic wines for even the most discriminating palate. They tend to be light, crisp and refreshing and go extremely well with shellfish.

**5 Beaujolais**—Although tougher to find this time of year, these fruit forward French reds can be a stellar

compliment to burgers and steaks off the grill. These simple but light and lovely wines are not meant to be aged, and were originally created to be drunk young.

**6 Malbec**—A red wine from Argentina, this may be my favorite grill wine. Not as heavy as Cabernet Sauvignon or Zinfandel, so it's good even in the summer heat. However, it still retains enough tannin backbone and dark fruit structure to be fantastic with grilled meats and barbecue sauce.

So happy Independence Day to you and yours! Just remember to keep your whites chilled and your meats grilled and you have the formula for a triumphant barbecue. Make sure to come by the store and check out our endless supply of gourmet barbecue sauces, salsas, dips and cheeses to set your next July 4th outing in a category all its own.

Cin Cin!



### Wine Specials at Vine & Table gourmet market

BRANCOTT “TERROIR SERIES” –  
MARLBOROUGH, NZ

Sauvignon Blanc “Conder’s Forest”  
2007

Lemon-lime, grapefruit and grass  
flavors have very good intensity, with  
sweet pea, seashell and fresh herb nu-  
ances that finish with tart acidity.

List: \$29.99 V&T: \$24.99

Sauvignon Blanc “Festival Block”  
2007

Complex and intense, with a burst of  
oyster shell, grass, sea salt and peach  
flavors enlivened by fresh lime acidity.  
Lemon blossom and guava add inter-  
est, with a hint of fresh herb bitterness.

List: \$29.99 V&T: \$24.99

Sauvignon Blanc “Rail Bridge” 2007

Very acidic and crisp, which gives  
it a sweet-tart tension. The wine is  
enormously flavorful in citrus, honey-  
suckle, apricot and vanilla flavors.

List: \$29.99 V&T: \$24.99

BENZIGER—SONOMA COUNTY, CA

Cabernet Sauvignon 2005

Has aromas of dark fruit and rich  
earth. In the mouth the wine is  
smooth and balanced with a full body  
and lasting finish.

List: \$24.99 V&T: \$19.99

Merlot 2004

Softly textured and rich in flavor,  
this Merlot is supple and full-bodied.  
Aromas evoke dark fruit and pepper  
with robust flavors of current, anise  
and overripe plum.

List: \$23.99 V&T: \$17.99

Chardonnay 2006

Aromas of peach, pear and green  
apple define this wine's wonderfully  
fragrant nose. On the palate, the wine  
is supple and long, with a clean and  
satisfying finish.

List: \$19.99 V&T: \$14.99

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## Brandy Specials at Vine & Table gourmet market

### Etter Framboise (Raspberry) 375ml

Wonderfully fragrant, deliciously  
fruity and perfectly harmonious  
and is sure to delight any palate.

List: \$43.99 V&T: \$37.99

### F. Meyer Poiré William (Pear in the Bottle) 750ml

Subtle and refined notes. The  
"Grands Classiques" remind us of  
the heart and soul of our orchards.  
These brandies reveal an art and  
age-old tradition perfected by F.  
Meyer.

List: \$89.99 V&T: \$72.99

### Jean Danflou Kirschwasser (Cherry Brandy) 750ml

This kirschwasser is exquisite,  
bursting with fresh cherry flavors  
and aromas, and is best enjoyed  
served chilled in small glasses.

List: \$55.99 V&T: \$48.99

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# EAU DE VIE—THE WATER OF LIFE

By Denis Lynch, Spirits Manager  
of Vine & Table gourmet market



harvested when fully ripe. The fruit is then  
crushed and put in glass-lined vats that will  
hold the fruit for up to six weeks. While  
the fruit is fermenting, airborne  
yeasts will attack the sugars in  
the fruit, converting the sugar to  
alcohol. The sticky mash is then  
loaded into the still. Top produc-  
ers prefer to use the German-  
style Holstein still that heats the  
mash slowly using water, instead  
of the more common direct-heat  
method. The vapors that form  
are then condensed and captured.  
The resultant liquid then rests for  
several weeks in stainless steel  
vats before being bottled. Up-  
wards of thirty pounds of fruit  
are required to make one bottle  
of spirit.

One of the unique products  
from fruit brandy distillers results

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growing  
a pear or  
apple in  
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plished  
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over the  
flowering  
bud on the  
tree. The  
fruit will  
then grow  
inside the  
bottle.  
When it is

ready to  
be harvested, the stem of the fruit is cut  
and the inside of each bottle is hand-  
cleaned before being filled with the  
spirit. In order to preserve the fruit  
inside, the level of alcohol should  
always be kept above the level of the  
fruit.

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ans and, in places such as Alsace and  
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of artisanal producers here in the U.S.  
that produce excellent quality spirits.

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of Eaux de Vie to satisfy every palate.

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FROM THE KITCHEN OF  
CHEF NATHANIEL MALONE

## Roasted Baby Yukon Potatoes with Cambozola and Shallot Butter

After you've mastered grilling a steak at home,  
nothing that any restaurant serves will compare.

A simple dusting of Kosher salt and coarse  
ground black pepper is all the seasoning you'll  
need for grilling the perfect steak. Another key  
element for the perfect steak is to use a charcoal  
grill for a "char-broiled" flavor. Get your grill very  
hot before cooking. If you can hold your hand  
five inches away for more than two or three sec-  
onds, it's not hot enough. Dip steak in an olive  
oil and canola oil blend before placing it over  
the coals. Don't use a brush! You'll only brush off  
your seasonings. Don't mess with the steak until  
your ready to turn it over. You want a nice brown  
crust on the outside, and a beautiful medium-  
rare (when the core temperature reaches 126°)

After removing the steak from the grill, a light  
dusting of coarse sea salt will enhance the grilled  
flavor. No sauce necessary!

Mashed potatoes are always an enticing compli-  
ment to a steak dinner, but why not serve  
something slightly more interesting? Here is a  
recipe for roasted baby Yukon potatoes with  
cambozola and shallot butter that goes great with  
the perfect steak.

### Ingredients

- 2 pounds baby Yukon gold potatoes, halved
- 3 cloves garlic, minced
- 2 tablespoons olive oil
- 3 sprigs fresh thyme
- 1 teaspoon fresh chopped oregano

- Salt and pepper to taste
- 4 shallots, peeled and minced
- 1/4 pound cambozola cheese
- 2 tablespoons soft, salted butter

### Directions

Pre-heat oven to 400°.

Combine potatoes, garlic, herbs, olive oil, salt,  
and pepper in a roasting pan and roast in oven  
till potatoes are browned and crispy on the  
outside, yet soft on the inside.

While potatoes are roasting, combine cheese,  
butter, and shallots in a mixing bowl. It is not  
necessary to completely blend these ingredients.

After potatoes are roasted, toss them in the  
cheese mixture and serve immediately.



# PAINTING CAPTURES THE JOY OF CARMELFEST

By Barbara E. Cohen  
*Current In Westfield*

A quiet day painting at an art fair in 2004 led to this year's CarmelFest commissioned artwork by artist Julie Houck. For the Carmel-based *plein air* (open air) painter, the lesson is clear: it pays to set up your easel and palette at any art festival you attend.

Houck's representation of CarmelFest, which she donated to the 2008 CarmelFest Committee, will be turned over after July 4 to the City of Carmel to hang as part of the city's public art collection.

"We originally thought we might auction it off at the Freedom Ball," says CarmelFest chairman Gary Frey. "But it's too beautiful to hide in someone's home."

The mayor has agreed to install the painting in City Hall, where everyone in Carmel can enjoy it.

Houck didn't set out to create a work to hang in City Hall, however. In 2004, the project began when she pulled out a canvas and began to work during a lull at an art fair.

"Things were slow, so I began to paint everything I could see," the artist said.

That "just-killing-time-but-in-a-positive-way" painting won first place and a cash prize at the 2005 Carmel International Arts Festival before attorney Robert Milford bought it.

On the Sunday afternoon of that festival, Houck again pulled out her art materials to paint the unfolding scene. Milford acquired that painting as well because he enjoyed watching her create it. In addition, members of the CIAF committee saw Houck paint it and used the image to represent the next year's CIAF.

All the while, Gary Frey was noticing and admiring Houck's work, too. When it came time to find an image to capture the spirit of the 2008 CarmelFest celebration, Frey approached the artist about creating a new work for the occasion. Frey mentioned the project in passing at the 2007 CIAF last September.

"I didn't take it seriously. You know, I thought he was just making conversation at the festival," Houck said.

But three months ago Frey contacted Houck to commission the work gracing this year's CarmelFest posters and T-shirts. It took the artist three attempts to get the painting "just right," with the City Hall and Gazebo, fireworks, tents, flags and lots of people included. The first painting didn't please the artist, and although the second was accepted by the CarmelFest Committee, Houck wasn't quite satisfied. Frey has since purchased that original.

On the third attempt, Houck was content she'd sufficiently captured the joy of the city's annual Fourth of July



celebration. The artist will sign 150 limited-edition posters featuring that image, available for \$20 each, to raise money for CarmelFest.

"The painting is a way to experience CarmelFest all year long," she said.

Barbara E. Cohen is a freelance writer who covers the arts for the Current community newspapers and teaches art history at Ivy Tech Community College. Please send comments or story ideas at [barbara@i-writersstudio.com](mailto:barbara@i-writersstudio.com).

## DISPATCHES

### WANT TO LEARN ABOUT WINE?

Master sommelier Arthur Black will teach a summer Wine Seminar Series at Vine & Table. Classic White Grapes will be the focus of the July 2 class and will discuss the very specific characteristics of particular white grape varieties. The July 16 seminar is entitled Classic Red Grapes. August classes will focus on beverage and dining. Each session is \$30; seating is limited. Call 817-9463 or email [info@vineandtable.com](mailto:info@vineandtable.com) to register.



### INTERESTED IN LEARNING MORE ABOUT GENEALOGY RESEARCH?

Visit the Westfield Washington Public Library (333 W. Hoover Street, Westfield) at 10 a.m. on Saturday, July 5, for their monthly Genealogy Group. This meeting is free and open to the public. Call 896-9391 for more information.

## PICK of the WEEK

**What:** The Alps: Giants of Nature

**When:** Limited engagement through July 20

**Where:** IMAX Theater at the Indiana State Museum, White River State Park, 650 W. Washington St., Indianapolis

**Cost:** \$9 adults, \$7.50 seniors and students, \$5 children 12 and under  
**Details:** Cool off on a hot day with a virtual trip to the Matterhorn, Eiger, Monch and Jungfrau, where climbers test their strength and endurance on the peaks' craggy slopes. The giant-screen story of The Alps – their breathtaking beauty, harmonious culture, perilous avalanches and irresistible allure – comes from MacGillivray Freeman Films, producers of the blockbuster hit Everest.  
**Information:** (317) 233-IMAX, [www.imax.com/indy](http://www.imax.com/indy)



### Indy's Newest Theme Restaurant Is a 100-Year-Old Jewish Deli

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"Cook good. Serve generously."  
-Uncle Max Shapiro

WIFI



## THIS WEEK'S RECIPE

### Fluted Quiche Cups

#### Crepes batter ingredients:

4 eggs  
1/4 tsp. salt  
2 c. flour  
2 1/4 c. milk  
1/4 c. melted butter

Combine all ingredients in blender, and blend for one minute. Scrape down sides and blend another 15 seconds or until smooth. Refrigerate batter 1 hour or longer. Cook crepe until bottom is browned. Then carefully turn with spatula. Brown other side for a few seconds. Remove from pan with spatula; stack on plate or tray. Makes 32-36 crepes.

#### Filling Ingredients:

1/2 lb. bulk sausage  
1/4 c. chopped onions  
1/2 c. milk  
3 eggs  
1/2 c. mayonnaise  
2 c. shredded cheddar cheese

In a skillet, brown sausage with onion and drain. In large bowl, combine remaining ingredients with sausage. Line greased muffin tin with crepes. Fill 3/4 full with sausage mixture and bake at 350 degrees for 15 minutes. Cover loosely with foil and bake 15 additional minutes or until set. Fills 12-14 crepes

**For storage of extra crepes:** Freeze in muffin tins, then remove and store in plastic bags.

<http://www.bbonline.com/>



### Charlie Braswell

Of Mellow Mushroom

#### Where he likes to dine?

I usually go to Carrabba's.



#### What he eats when he is there?

I usually get the lobster ravioli.

#### What he likes about Carrabba's?

We trade food with them sometimes, so they're good people. They serve a lot of great real Italian food.

#### Carrabba's Italian Restaurant

Phone: (317) 575-2200

1235 Keystone Way, Carmel, IN 46032

#### Hours:

Sunday, noon - 9 p.m.

Monday - Thursday, 11 a.m. - 10 p.m.

Friday, 11 a.m. - 11 p.m.

Saturday, noon - 11 p.m.



### Mellow Mushroom

2340 E 116th St

Carmel, IN 46032

Phone: (317) 846-2400

**Hours:** Daily, 11 a.m. - 10 p.m.

Charles Braswell, owner of Mellow Mushroom, got hooked on Mellow Mushroom's pizza when he was eating at the original Mellow Mushroom in Atlanta. "When I was younger, I would eat there all the time. When it came time to get a restaurant, it was a perfect fit," Braswell said. Mellow Mushroom is a casual restaurant that serves pizza and other Italian dishes with their spring-water dough. "We also don't use any refined sugar in our sauces and dough. There are also a lot of vegetarian dishes for people who prefer that," Braswell said. Mellow Mushroom's World Famous Pretzels are a local favorite. Braswell loves owning a restaurant that represents the community he lives in. "I love meeting old friends and making new friends at this place," Braswell said. Mellow Mushroom also offers plenty of draft beers at the Rhino Bar located inside.



#### Ingredients

1 part 42 Below Kiwi vodka  
5 parts mango nectar or juice  
8 mint leaves

### Kiwi Mango Mojito



#### Directions

Fill a Highball glass with ice, add mint leaves and vodka, and top with mango nectar. Stir well, and serve.

<http://www.cocktailtimes.com/>

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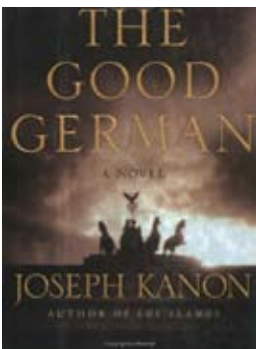


Not valid with any other offer or discount. **CIW.**  
Offer good at 2560 E. 146 in the Cool Creek Commons shopping center. Expires July 31, 2008.



FROM P14

**CRITICAL MASS,** a book discussion group, will meet at 7 p.m. on July 8 at the Carmel Library. This month they will be discussing *The Good German* by Joseph Kanon, a lavishly atmospheric thriller full of political and romantic intrigue, set amidst the rubble of the just-vanquished Third Reich Berlin. No registration required. For more information, call the Readers' Advisory Desk at 8144-3987.



#### NEED A LAST-MINUTE VACATION?

Try VRBO (Vacation Rentals By Owner) for some great deals on condos and homes. Remember these strategies when booking. Don't be afraid to negotiate: owners say it's not unusual to discount rates by 10% or 20% to keep their places occupied. Get a group together: group rates will be cheaper. Be flexible on location: look at places a few blocks from the water, where real estate is cheaper. Be flexible on dates: you have a better chance of finding a deal in popular spots earlier in the season and then later in the summer.

— Online.wsj.com



#### THEATRE:



#### *The World Goes 'Round*

Running July 10 through 20 at the Pike Performing Arts Center, 6701 Zionsville Rd. Indianapolis, Ind., this sassy musical revue is filled with unforgettable gems from the Tony Award winning team of John Kander and Fred Ebb, spotlighting songs from *Cabaret*, *Chicago*, *New York New York*, *Funny Lady*, *Kiss of the Spiderwoman* and more. Slick, clever, funny and moving, including some of the biggest hits to ever grace the Broadway stage, this revue is a dazzling tribute

to the longest-running, songwriting partnership in Musical Theatre history. Show times are at 8 p.m. on Saturdays, and 2 p.m. on Sundays. Tickets are \$32.00, with special discounts for students, seniors & groups of 10 or more. For tickets call 317-216-5455, or go to pikepac.org

#### EVENTS:

##### Latino Celebration

Stacie Sandoval's Jazztet, composer Gabriela Frank & the Indianapolis Symphony Orchestra, and Orquesta Bravo are bringing a Latino Celebration to the Family Arts Series at the White River State Park. Organic Rhythms Studio will be teaching various Latin dances to guests. The celebration is Saturday, July 12, and starts at 1 p.m. Prior to the performance, the Spanish magician Douglas Javé will be entertaining the crowd. The event is FREE and will be held at Celebration Amphitheater which overlooks the White River. Families can bring picnic baskets and blankets to enjoy the show. Food will also be available for purchase at the event.

##### Indiana Transportation Museum's Weekend Express

Perfect for kids and adults alike, the Indiana Transportation Museum's Weekend Express is a great way to spend

a leisurely afternoon exploring three of Hamilton County's eight great towns. "It's great for children experiencing their first train ride or grandparents who want to enjoy the nostalgia of train travel," said Ralph Bell, board member and conductor at the ITM. The Weekend Express departs from Hobbs Station in Noblesville's Forest Park at 1 p.m. on selected Saturdays and Sundays April through September. It takes passengers either north to Atlanta or south to Fishers for a one-hour layover before returning at 3 p.m. No reservations are required. Tickets can be purchased prior to train departure. Cost includes museum admission and runs \$12 for adults and \$9 for children age three to 12. Children under three are free. For exact dates and schedules, visit itm.org.

#### LIVE MUSIC:

##### Muldoon's

111 W. Main Street, Suite 100, Carmel  
Rick Stump: Thursday, July 3, from 6:30 to 9:30 p.m.

Visit [www.muldoons.net](http://www.muldoons.net) or call 571-1116 for more information.

##### Mickey's Irish Pub

136<sup>th</sup> and Meridian in Carmel  
Karaoke: Friday, July 4

SoBro Gold: Saturday, July 5  
Entertainment Reservations are accepted. Call 573-9746 for reservations.

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## DISPATCHES

### CHACHA RECIEVES AMERICAN

**BUSINESS AWARD-** The American Business Awards

presented Carmel,

Indiana-based

ChaCha with the Stevie Award for "Best New Service" at an awards gala in New York City. This award is the sixth notable industry accolade ChaCha has won since the company launched its groundbreaking mobile answers text service in January 2008; including being named in May as one of the Top 15 Innovators in the GSMA Mobile Innovation Marketplace America's competition.

*ChaCha*

### E-MAIL RESUMES: IT'S ALL IN THE

**TITLE-** Your subject line should read professionally, such as Linda Matias Resume for Career Coaching or Resume Writing Position. Don't e-mail more than one hiring organization within the same e-mail. Take the time to send each one out personally. Finally, if the organization requests a Word attachment, make sure you name the attachment professionally, such as matias.linda.resume.doc.

-Nettemps.com



### TIP FOR A GOOD JOB INTERVIEW-

Prepare a list of five to seven questions you will ask before the interview. When you are asked if you have any questions, just refer to your list. It is imperative that you have a prepared list of questions. Saying you have no questions is the worst possible answer to the question "do you have any questions?" Interviewers are more impressed with your questions than with your answers.

-Nettemps.com

### NEW TENANTS AT COOL CREEK

**VILLAGE-** Thompson Thrift recently signed leases with two tenants at its new mixed-used development - Cool Creek Village. Martinizing Dry Cleaners will occupy 2,064 square feet at 2796 E. 146<sup>th</sup> St. in Carmel. The lease is for a period of ten years. Kearns Chiropractic will occupy 2,151 square feet for a period of ten years at 2776 E. 146<sup>th</sup> St.

## KEEP PRIORITIES ABOVE THE FOLD

I was sitting at a table in a coffee house; there was a newspaper on the table, parked upside down. The woman I was with turned the paper over to read the headlines. When you first

grab the newspaper, what's the first place you look? Where are your eyes drawn? How about when you meet someone for the first time? What do you see first? Whether a person or a newspaper, the eyes are usually focused on the area above the "fold." You don't meet someone for the first time and look at their legs or feet, you look at their face

or somewhere above their fold. Similarly, most people look at the big headline of the newspaper first and study the area above the fold before delving any deeper. The same follows for a website. People are naturally drawn to the top of the website. After all, life has taught us that the top is where the important things reside.

Things get lost below the fold. It's secondary real estate. It's where you go once you have covered the top portion. Although the bottom might have good in-



DAVID CAIN  
Marketing



formation, it's the top where people start. Therefore, you have to make sure your most engaging subject is at the top of your website, at the top of your newspaper, or at the top of your letter. This is your best shot at getting your viewers' attention.

Fireworks hook you with the little white lights that rocket to the sky before the explosion. Accompanied by a slight squeak, there's not much that creates more anxiety for an audience. But what if the explosion bombed? Then the anticipation was a waste. This Fourth of July, think of the little white light as above the fold. It grabs your attention and is the portal to greater

things, the real explosion.

Look for folds in the things you do or create. Put your best information at the top so it can be seen. Let it create anticipation and anxiety. Let it be the entry point to the information your audience craves. Things below the fold should always be secondary. Don't hide your strengths or be the best-kept secret. Secrets, after all, are best when shared.

David Cain is President of MediaSauce, a digital media and online marketing company in Carmel. He welcomes your questions or comments at David.Cain@MediaSauce.com.

## BE GRATEFUL, DO WHAT MATTERS MOST

I love reading Peggy Noonan. For those of you who are unfamiliar with her, Peggy Noonan is an author and weekly columnist for the *Wall Street Journal*. She is most famous, however, for her years as Special Assistant and primary speechwriter for President Ronald Reagan. In a recent column on the passing of Tim Russert, she wrote so well about what matters most:

"In a way, the world is a great liar. It shows you it worships and admires money, but at the end of the day it doesn't. It says it adores fame and celebrity, but it doesn't - not really. The world admires, and wants to hold on to, goodness. It admires virtue. At the end it gives its greatest tributes to generosity, honesty, courage, mercy, and talents that make the world better. That's what it really admires. That's what we talk about in eulogies, because that's what's important. We never celebrate how rich the deceased was.

"After Russert's death, the entire television media for four days told us the keys to a life well lived. Among them: taking care of those you love and letting them know they're loved; holding firm to God, no matter how high you rise or low you fall. It's having guts, self-discipline, and active attention to developing a conscience to whose promptings you can respond. It's honoring your calling or profession by trying to do honorable work, and a willingness to master the ethics of your field. Lastly, it's cherishing life. 'Enjoy life, it's

ungrateful not to,' said Ronald Reagan."

When you die, are people in your profession going to feel like this? What can you do better? When you leave, are your customers — in Tim's Russert's case, it was five million every Sunday morning -- going to react this way?

Kent Burns is a Carmel resident, investor and co-founder of CrossConfirm. He is also a professional speaker and author of *What's Your Why?* His blog is [www.kentburnsblog.com](http://www.kentburnsblog.com), and he can be reached at [kent@currentincarmel.com](mailto:kent@currentincarmel.com).



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## WHAT'S IT WORTH?

By John Pacilio,  
RE/MAX Ability Plus

MY  
OPINION:  
\$210K



**Type:** Traditional  
**Age:** Built in 2002  
**Location:** Near 126th Street and Hazel Dell Parkway

**Neighborhood:** Plum Creek Farms is a golf course community that encompasses Plum Creek Golf Club which offers golf, swimming pool and tennis courts with paid membership.

**Square footage:** 2034

**Rooms:** This three-bedroom two-and-a-half-bath home has a large two-story great room, open kitchen area with breakfast room, upstairs loft with exposed staircase and overlook into the great room, master suite with vaulted ceilings, plant shelves and garden bath,

**Strengths:** Understanding the competitive market, the owners have staged to sell with fresh paint inside and out, new updated hardware, new furniture and professionally cleaned carpets. The backyard is sizable with mature trees. This

is one of the most affordable homes in the Plum Creek communities.

**Challenges:** This property is listed for sale as a three bedroom home plus a loft. It could easily be converted to a four-bedroom home with about \$1000.00 of drywall work. However, this may limit the amount of potential showings for people strictly searching for a four bedroom home.

John Pacilio and his team specialize in Westfield real estate with RE/MAX Ability Plus. Contact him at 216.8500 or John@JohnPacilio.com.

## NOW OPEN

### Club City Fit

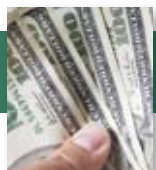
3246 East State Road 32  
Westfield, IN 46074

**Phone:** (317) 896-6540  
www.clubcityfit.com

**Hours:** 5 a.m.- 10 p.m. Monday through Friday; 7 a.m.- 6 p.m. Saturday; 1 p.m.- 6 p.m. Sunday

Club City Fit is a new community oriented upscale gym with plenty of knowledgeable trainers that help gym patrons get what they desire. Club City Fit's three trainers practice scientifically oriented and athletically minded techniques. "There are

some places that will turn you lose on a machine just to fill your time. We're here to educate the community about their bodies and safely build them up anyway we can," Matt Mitrione of Club City Fit said. Club City Fit makes it easy to replenish your body with nutritional things for their customers to pick up as they're leaving. "After you work out, there is a time frame where you should load your body with nutrients to help the recovery process of your exercise. We're just giving people an easy way to do it by offering it here in the gym," Gina Kroeker of Club City Fit said. Many of the supplements they hand out are all goal oriented and the trainers work hard to educate people about their own bodies.



## MONEY MATTERS

What did you use your stimulus check for?



"I just now got it. Right now either a vacation or a new sweeper."

**Tara Lynne Sinick**  
Westfield



"I have gotten it yet, but bills"

**Melanie Hutchens**  
Westfield



"I haven't gotten it yet, but when I do, I'm going to buy an airline ticket to Switzerland to visit family."

**Deborah Cisse**  
Westfield

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July 1!

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We told you it was coming, now it's here:  
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Also, be on the look out for upcoming blogs from many of your favorite Current columnists and others!

We invite your submissions, as always, at [info@currentinwestfield.com](mailto:info@currentinwestfield.com).

We're always just a click away. Enjoy!

## You Are Current!

We are also proud to announce the launch of YouAreCurrent.com. Your number one source for area news, events and of course, all things Current!

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# DISPATCHES

**WE ARE FAMILY, TOO:** Petco is launching a new fund to support local programs that help keep pets out of shelters and with their families. The "We Are Family, Too" program provides financial assistance for animal welfare groups to help pet owners who have lost their homes or are experiencing financial difficulties. Pet owners nationwide can contribute to the cause by visiting thier local Petco, or visiting [www.petco.com](http://www.petco.com) and purchasing a reusable shopping bag for \$1.99, with \$1 of the purchase price funding the program.



**PET OWNERSHIP UP:** According to a survey from the American Pet Products Manufactures Association, pet ownership has jumped from 56 percent in 1988, to 63 percent in 2006. Some claim the increase in pet ownership and the closer bond those owners have with their pets is a result of baby boomers whose children have gone off to college, and they're looking for something to foster.

<http://www.sfgate.com>

**DOGGIE YOGA:** The Humane Society of Indianapolis offers yoga classes for dogs every Saturday from 2:30 to 3:30 p.m. A single class pass is \$10, and you can buy a package of five and receive the sixth pass free. Reservations are suggested. Limit one dog per student, and 16 dogs per class. For more information call 872-5650. The Humane Society is located at 7929 N. Michigan Road.



# CANINE DENTAL CARE

By Lisa Beals  
Current in Westfield

If you are like most people, you brush your teeth at least twice a day, maybe more. But how about your dog? Have often do you brush his teeth?

Puppies have a total of 28 baby teeth, which they lose at about four months of age, and will get 42 adult teeth. Over 75 percent of dogs show signs of gum disease, plaque, tartar and bad breath by three years of age. Plaque mixes with saliva to harden and form a cement-like tartar that sticks to the teeth. Left untreated, plaque leads to tooth loss or even systemic problems affecting the heart, lungs and kidneys if the bacteria enters the bloodstream.

## START EARLY

Ideally, get off on the right paw and get your puppy used to having your fingers in his mouth and his gums massaged. Puppies enjoy oral stimulation, so this is the optimal time to initiate dental care. It may take longer with an older dog, but be patient. Coat your fingers with beef bouillon or something tasty and let your dog lick it as you gradually begin working your fingers in his mouth. After several sessions of desensitization, you can progress to actually brushing his teeth.

## BRUSHING TECHNIQUE

The mechanical action of brushing the teeth can be performed with a special dog toothbrush or various gauze-like pads and sponges. Start by dipping a gauze pad in bouillon and rubbing it in a circular pattern on the teeth. Keep the initial sessions short and reward your dog with praise. You can progress to using commercial dog toothpaste on a soft dog toothbrush or finger toothbrush. In addition to being tasty, dog toothpaste does not include ingredients found in human toothpaste that will upset your dog's stomach. Products

such as chew toys and bones designed to mechanically reduce tartar buildup may help, but there is no substitute for regular brushing.

## PROFESSIONAL CLEANING

Despite regular brushing, your dog may still require a thorough cleaning by your vet. Because this requires your dog to be put under anesthesia, your vet will require a basic blood panel prior to the procedure to ensure there are no underlying diseases that would put your dog at risk of complications. During the dental cleaning, your vet will remove tartar, check gums, remove any diseased teeth, polish the teeth and flush the mouth with an antibacterial agent.

Good oral care is an important component of your dog's overall health. Daily brushing is optimal, but regular brushing can help prevent gingivitis, periodontal disease, bad breath and keep your dog's teeth pearly white.

Lisa Beals is a co-owner of Camp Bow Wow. If you would like more information about the camp, please contact [carmel@campbowwow.com](mailto:carmel@campbowwow.com).

# FOURTH OF JULY FIREWORKS: THUNDER AND LIGHTING

Dogs are sometimes so fearful of loud noises that they can tear through doors and windows trying to escape thunder and lightning. Every Fourth of July, the animal control and humane society shelters are filled to capacity due to the large stampede of dogs, cats and even a few horses that get lost trying to escape the light shows and booms. They suffer through a night of summer storms, shivering under the bed. Unfortunately, there is no way to teach an animal what or where those noises are, but you can teach them to accept the noise and not fear it.

During fireworks, be sure to have your animal restrained properly in a safe, quiet room and not left outside where they can get hurt in their panic. Have all windows properly secured so they cannot get out, and play some soothing music. If you can't be home and they are still fearful of the noise, be sure to have a safe area that they can get to for comfort with their beds in it. Close all window shades to minimize the sounds and flickers of light. For severe cases, use an inside room with no windows, such as a bathroom or laundry area.

There are also many holistic herbal and flower essence available for helping your dog or cat through this noisy season. Check with your local pet supply store for the correct products for your dog or cat.

John Mikesell and his dog own and operate For the Love of Dogs: A Dog Bakery.

## FOR THE LOVE OF DOGS, A DOG BAKERY



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# BLUEPRINT FOR IMPROVEMENT

## NEW PERGOLA AND DECK REPLACEMENT IN CARMEL HOME

**Initial Situation:** The owners of this Carmel home wanted to upgrade their existing deck and patio to create some shade from the sun. The existing furniture on the stamped concrete patio was out in the open without any shade. Without any true shade, this area was often too hot and uncomfortable for use in the summer. In addition, the existing deck boards were starting to rot and fall apart.

**Design Phase:** The solution was to design and build two new pergola structures to cover the existing patio and existing deck. In addition, a retractable awning system was ordered to fit in between the pergola beams providing much-needed shade from the sun. The final step was to research new composite decking materials to replace the existing pressure-treated deck with new maintenance-free materials.

**Project Schedule:** The project design phase included several meetings with the client to review product choices and design details. The initial design was started in March 2007 and was completed in three weeks. The initial construction contract was signed in April and construction began in mid April. The construction phase for the decking and pergola

lasted approximately two weeks.

**Final Product:** The “after” photos show the finished product. The new pergolas were constructed of rough-sawn cedar material. The free-standing pergola had a footprint of 18’ x 16’, while the pergola attached to the house was 16’x14’. Both pergolas were built on solid concrete footings. The pergola finish details included 2x10 rough-sawn cedar trellis joists with end scrolling to match the existing pergola over the fence gate. The new second pergola was attached to the existing house and covered the deck. The retractable awning material was custom ordered to fit between the pergola beams. The new cedar wood structures were primed and painted to match the existing house. Finally, the existing deck beams and joists were salvaged; however, the existing pressure-treated deck boards were replaced with new Trex Accents composite decking.



LARRY GREENE

Have a remodeling question? Ask Larry Greene, owner of Case Handyman & Remodeling. You may e-mail him at [lgreene@caseremodeling.com](mailto:lgreene@caseremodeling.com) or call 846-2600.

BEFORE



AFTER



AFTER

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## ASTLEY BRAINWORM

**C**ongratulate me. I have just joined the 18 million or so Americans, and millions more people worldwide, who have been rickrolled.

Rickrolling is a practical joke in the Internet world. It works like this: someone you know (in my case, a friend) sends you an e-mail with a link that they insist you have click. Trusting sort that you are, you click it, but instead of getting what you expected — a site for baseball memorabilia, a video of political gaffes, or as it was in my case, a place devoted to photos of old tractors — you get a music video.

And what music video would that be? Why, it's Rick Astley's 1987 smash, "Never Going To Give You Up," as brainworming a piece of music as has ever been recorded.

Oh, I'm sorry. It just occurred to me that some of you might not know about brainworming. A brainworm is a song, usually one you don't like, that gets stuck in your head all day. Or in the case of "Never Going To Give You Up," for a couple of days. A couple of doozies in my experience, in addition to the one I just mentioned, are the old Loew's movie house jingle: "Thank you for coming to Loew's, sit back, relax, enjoy the show," and various television themes: "Here's the story of a lovely lady, who was bringing up three very lovely girls..."

As rickroll experiences go, mine was pretty mild. People have been rickrolled at sporting events (including one women's basketball game that featured a Rick Astley impersonator), on the Olympic torch run, at a Mets game, and even on television news. An anchorwoman in Albany introduced what she thought was going to be a story and ... nope. There was that video of ol' Rick, singing his heart out.

Which points out the difference between this song and other brainworms.

This has a visual component of Rick, dancing like a white guy (which he is), which is almost as tough to get out of your brain as the song.

After I got over my initial reaction, which was 1.) fear that I had probably just downloaded some horrible virus that was not only going to disable my computer but also my telephone and electric toothbrush, too, and 2.) thinking my friend has a good one coming, I began to see an upside to rickrolling.

It reminded me of those days in the 1980s when videos were still new and pop music like Rick's was, well, popular, and with good reason. It's well-produced and not badly sung. It had legions of fans, which

probably explains why everything Rick Astley did for the next few years sounded like "Never Going To Give You Up," with different lyrics.

I used to be one of those snobs who looked down his nose at pop music as nothing more than a confection, cotton candy or caramel corn. Rock and roll, on the other hand, was meat and potatoes. Mostly meat. Raw.

But I've modified my position since then. A well-produced and well-sung pop song, and there were actually quite a few in the 1980s, is a fine thing in and of itself. I wouldn't want it as a steady diet, but once in a while, it's fun and even satisfying. In retrospect, then, I'm kind of glad I got rickrolled.

Hey, it could have been much, much worse.

I could have been Milli-Vanillied.

Mike Redmond is an author, journalist, humorist and speaker. Write him at [mikeredmondonline.com](mailto:mikeredmondonline.com) or P.O. Box 44385, Indianapolis, IN 46244. For information on speaking fees and availability, visit [www.spotlightwww.com](http://www.spotlightwww.com).



MIKE REDMOND  
Humor

## FOOD FOR THOUGHT

**M**y good friend Wendell Fowler has just written another book on nutrition with the appetizing title, *Cooking*

*Up Trouble: Eating Out's the Most Dangerous Thing You Do*, which is a catchy name, but it might blow Wendell's chances for receiving invitations to neighborhood barbecues this summer or his best friend's bar and grill. Wendell thinks eating at a restaurant can be life threatening. It was certainly true for my Uncle Max who got mugged while coming out of Izzy's Deli in Brooklyn back in 1956 when I was a kid.

Max was a big corned-beef fan, and Izzy always gave him a really big sandwich — stacked higher than the other patrons' sandwiches — but only if Max sat next to the window and displayed his bounty as potential customers passed by and peered in.

The mugging scared Uncle Max, and for the rest of his life, all his beloved deli fare was delivered directly to his flat in Brooklyn. The talk in the Wolfsie family was that Uncle Max had a corned beef sandwich and a huge sour pickle for lunch every day for 30 years and never got sick. Except maybe to his stomach. Max died at 94. He often joked that he wanted to be buried between two pieces of rye, but the family settled for a traditional casket. Knowing his love of corned beef, I think he would have preferred to have been pickled.

By the way, my Uncle Max broke three world's records and not one Kosher Law during those three decades, including the most consecutive decades (3) for one individual to surpass the RDA for saturated fat in the entire borough of Brooklyn; the person with the most articles of clothing (26) with mustard stains; and finally, we think Max was the longest living (living is the key word here) person to totally eliminate nine essential vitamins from his diet.

There is more big news in food this week. Apparently red wine is even better for you than research-

originally thought, according to a study at William and Mary College. So much better, in fact, that they are now considering putting the nutrients of wine into a pill. Inserting something in a capsule that

already has a good taste is just the dumbest idea in history, but I am glad that William and Mary may do this before Ben and Jerry.

Yes, everyone is talking about food nowadays, so if you are out and the topic comes up, which it usually does if the guacamole is not the perfect consistency, the first thing people will do is lament how every time you pick up the newspaper or turn on the TV, nutritional information changes. Next thing you know, bananas will

be lethal and bacon drippings will cure cancer.

"Why should we pay attention to health news at all?" someone whose cholesterol is edging toward 340 will ask. "It's all going to be different tomorrow anyway." I used to feel the same way about the weather forecast, but I got tired of wearing a light cardigan in sub-zero weather.

The most common refrain from people who don't want to be bothered by all this food data is a kind of middle-ground approach to a healthy lifestyle. I hear this all the time at parties...

"Dick, I think the key to good health is everything in moderation"

"You're not being very clear, Harry."

"How could I be any clearer?"

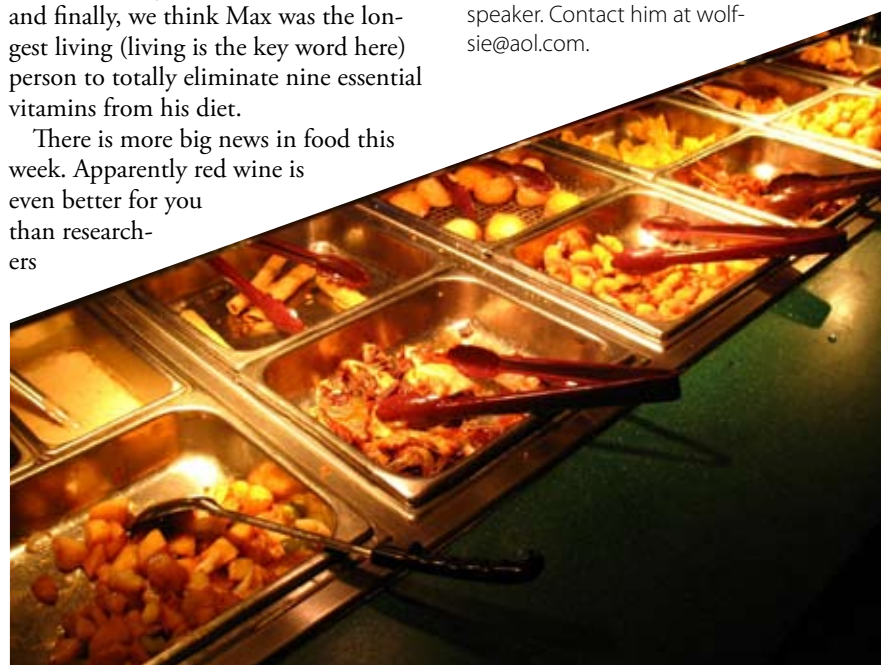
"Take the 12 shrimp out of your mouth."

Oops, there's the doorbell. Gotta go. My friend Wendell wants to get together for dinner. I wish we could go to his house for a change.

Dick Wolfsie is an author, columnist, and speaker. Contact him at [wolf-sie@aol.com](mailto:wolf-sie@aol.com).



DICK WOLFSIE  
Humor





# PUZZLES

## BRIDGE THE GAP

Add a "bridge" word or name to the end of the word on the left and the beginning of the word on the right to form two new words, phrases or names. For instance, if the words were BASEBALL and RING, you can insert the bridge word DIAMOND to create BASEBALL DIAMOND and DIAMOND RING. Italicized words are Indiana related. There might be more than one good answer! Our answers below.

DANIEL	_____	COUNTY
DRIVER'S	_____	PLATE
ROLLING	_____	MASON
GEORGE	_____	WOODS
PICCADILLY	_____	CLOWN
FLOWER	_____	HOLE
SHELLEY	_____	SHOT
MODERN	_____	DECO
TRA-LA	_____	PORTE
MAD	_____	CLIP

## INDIANA WORDSMITH CHALLENGE

Using the letters in the word "Thirty-Two," create as many common words of 4+ letters as you can in 20 minutes. No proper nouns or foreign words. Answers below.

THIRTY-TWO

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

10+: Word wizard    7-9: Brainiac  
4-6: Not too shabby    <4: Try again next week

## HOOSIER HODGEPODGE

Find the items in the puzzle going up, down, sideways or diagonally and list them. Each letter is used no more than once. Answers below.

C  
H O L  
O S M O C  
R A O E V T B  
R X H W D E H A M  
O E I O M Y S E K O V  
R T O L E A Y P P F S R N  
G C F N N R E I R Q S S I  
H N W U I Y M D O P I I J  
I A O X A A I A F K R X W  
W S L R M N R H E A G U I  
S E K V T N C O S C X T B  
R D S I O S H V S T O A F  
E R T P R M N O I N H  
G A E P S R R O K  
N Z R E O A N  
I I N R N  
G W L  
V

6 Movie Genres

\_\_\_\_\_  
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5 U.S. States

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4 Gilligan's Island Characters

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

3 Indiana Astronauts

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

2 WISH-TV Anchors

\_\_\_\_\_  
\_\_\_\_\_

1 Ft. Wayne Baseball Team

\_\_\_\_\_



BIRTHS

6/13/08  
boy  
Matthew & HeatherKenison

6/14/08  
girl  
Andrew & Jennifer Casterline

OBITUARIES

**Infant Ethan Alexander Hohl**, Westfield, died Wednesday, June 18, 2008. Graveside services were held on Saturday, June 28, at 11 a.m. in Carmel Cemetery. Arrangements entrusted to Leppert Mortuary, Smith Carmel Chapel.

**Lawrence “Alan” Rivers**, 52, of Carmel, passed away June 19, 2008, due to a motorcycle accident. He was born on March 26, 1956 to the late Lawrence and Lois (Miller) Rivers in Sulpher, LA. Alan was an avid reader, a student of God’s word and had a heart for Missions. Survivors include his loving wife, Roberta “Bobbi” (Choat) Rivers; brother, Donald L. (Kristy) Rivers; five nieces; mother-in-law, Louise Choat and sister-in-law, Holly Kelso. A Celebration of Eternal Life, Memorial Service was held on Saturday, June 28, 2008 at 2:00 p.m. in the Northside Baptist Church, of which he was a member. You are invited to visit [www.leppertmortuary.com](http://www.leppertmortuary.com), where you may share a memory and sign the guest book.

POLICE RUNS

**June 24**  
12:56:14 p.m., alarm - commercial / business, 17102 Spring Mill Road  
1:23:12 p.m., mutual aid - fire /

hazmat, Hazel Dell Rd/Westfield Road  
1:39:14 p.m., stroke / cva, 16473 Chalet Circle  
6:03:02 p.m., diabetic problems, 1950 Greyhound Pass  
7:38:07 p.m., injured person - falls, 15366 Whistling Lane  
7:34:23 a.m., alarm - business, 510 E Sr 32  
7:36:44 a.m., service call - neighborhood ck, 14975 Oak Road  
8:27:20 a.m., traffic complaint - driving issues, 1255 Greyhound Pass  
8:36:11 a.m., admin - paperwork transport, 17549 Dartown Road  
8:46:11 a.m., supplemental - case follow up, 2251-2 E 151st St  
8:51:59 a.m., damage / vandalism / mischief, 18529 Harvest Meadows Drive W  
8:58:39 a.m., supplemental - case follow up, 4475 Elkhorn Drive  
9:13:18 a.m., suspicious - person / prowler, Oak Rd/Oak Manor Drive  
9:14:53 a.m., service call - neighborhood ck, 15558 Carlisle Place  
9:18:18 a.m., traffic violation - traffic stop, 2000 E 151st St  
9:23:59 a.m., admin - transportation detail, 1072 S 10th St  
9:52:25 a.m., service call - neighborhood ck, 15050 Bridlewood Drive  
10:31:03 a.m., alarm - residence, 15532 Mission Hills Drive  
10:53:13 a.m., service call - neighborhood ck, 15744 Bridgewater Club Blvd  
1:48:43 a.m., traffic violation - traffic stop, 15271 Thatcher Lane  
11:53:42 a.m., alarm - residence, 16752 Colfax Lane

12:02:51 p.m., traffic violation - traffic stop, 2288 E 151st St  
12:25:45 p.m., admin - transportation detail, 17554 Dartown Road  
12:29:32 p.m., traffic violation - traffic stop, 2968 E 151st St  
12:55:17 p.m., admin - transportation detail, 17562 Dartown Road  
1:00:28 p.m., service call - damage to prop, 15466 Oak Road  
1:01:45 p.m., assist - medical incident, 5050 E 211th St  
1:10:06 p.m., admin - transportation detail, 132 Jersey St  
2:38:24 p.m., supplemental - case follow up, 4409 Updike Circle  
2:52:11 p.m., service call - welfare check, 17640 Us 31  
3:02:02 p.m., supplemental - case follow up, 14618 Beacon Boulevard  
3:05:41 p.m., traffic complaint - driving issues, 1257 Greyhound Pass  
3:43:08 p.m., suspicious - person / prowler, 140-1 Maple Park Drive  
3:48:42 p.m., traffic violation - traffic stop, 17417 Carey Road  
4:01:30 p.m., suspicious - person / prowler, 140 Maple Park Drive

4:03:04 p.m., fraud - criminal deception, 2222 E 146th St  
4:03:21 p.m., fraud - forgery, 421 N Union St  
4:36:51 p.m., service call - vehicle lockout, 2448 E 146th St  
4:50:12 p.m., damage / vandalism / mischief, 18540 Harvest Meadows Dr E  
4:58:29 p.m., service call - welfare check, West 146th St/Western Way  
5:36:07 p.m., intoxicated - possible dui, Us 31/Greyhound Pass  
5:56:18 p.m., alarm - residence, 14707 Fernwood Drive  
6:03:45 p.m., service call - vin check, 15833 Little Eagle Creek Ave  
6:04:40 p.m., supplemental - case follow up, 14618 Beacon Blvd  
6:59:28 p.m., suspicious - solicitor, 3779 Crest Point Drive  
7:38:33 p.m., service call - welfare check, Us 31/East 156th St  
7:59:13 p.m., traffic violation - traffic stop, East State Road 32/Us 31  
8:00:26 p.m., service call - neighborhood ck, 4133 Golf Club Blvd  
9:48:43 p.m., intoxicated - possible dui, Us 31/136th St

10:36:12 p.m., suspicious - person / prowler, Bucksport Lane/  
Middlebury Place  
10:41:01 p.m., suspicious - person / prowler, 15034 Declaration Drive  
10:44:54 p.m., damage / vandalism / mischief, 30 E Senator Way  
10:56:33 p.m., traffic violation - traffic stop, David Brown Drive/Us 31 Nb

**June 25**  
1:28:17 a.m., assist - other agencies, 727 W Sr 32  
1:34:29 a.m., service call - neighborhood ck, 15557 Wildflower Lane  
1:38:48 a.m., service call - security check, 2001 E 151st St  
1:45:30 a.m., traffic violation - traffic stop, 455 Columbine Lane E  
3:30:02 a.m., alarm - business, 14625 Gray Road  
3:42:56 a.m., traffic violation - traffic stop, 15700 Us 31  
3:46:41 a.m., service call - security check, 205 W Hoover St  
4:04:59 a.m., traffic violation - traffic stop, Greyhound Pass/Us 31  
4:12:15 a.m., suspicious - open door/window, South Union Street/  
Jersey Street

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